



NMCPHC QUICK HITS

Chikungunya in the United States

The summer months offer service members an opportunity to relax and refresh with family and friends during vacations, barbeques and other outdoor activities. However, warmer temperatures also provide opportunities for mosquitoes that can transmit diseases such as chikungunya.

What is chikungunya?

- Chikungunya (pronounced chi-kun-goon-ya) is a mosquito-borne viral disease that is transmitted to humans by infected *Aedes aegypti* or *Aedes albopictus*.
- Chikungunya mosquitoes prefer to feed during daytime and have established populations in many states.
- As of July 18, 2014, 31 states have reported 232 cases of chikungunya in people who have traveled overseas.
- The first locally (originating in the U.S.) acquired cases were reported in July 2014 in Florida.

What are the characteristics of chikungunya ?

- The incubation period usually last between 3 – 7 days and the majority of infected people become symptomatic.
- Acute onset of fever and polyarthralgia are the primary clinical manifestations.
- Joint pain, typically symmetric, occurring in hands and feet.
- Other symptoms can include: headache, myalgia, arthritis, conjunctivitis, nausea/vomiting, and maculopapular rash.



Aedes aegypti



Aedes albopictus

How is chikungunya treated?

Chikungunya infections are generally self-resolving. However, some people may develop long-term effects. Complications are more common in infants younger than a year old, those older than 65, and people with chronic conditions such as diabetes and hypertension. There is no vaccine or specific treatment for this disease.

How can chikungunya be prevented?

The best way to prevent chikungunya is to protect against mosquito bites:

- Use mosquito repellent containing 25 – 30% DEET or 20% picaridin.
- Wear long-sleeved shirts and long pants when outdoors.
- Avoid activity during the early morning and late afternoon when mosquitoes are most active.
- When possible remove conditions favorable to mosquito breeding and harborage.

Navy surveillance and reporting

- Health care providers should consider chikungunya in patients with acute onset of fever and polyarthralgia. Providers also should consider dengue in their differential diagnosis since dengue and chikungunya viruses are transmitted by the same mosquitoes and have similar clinical features.
- Within the DoD, clinical diagnostic testing is available at the USAMRIID Special Pathogens Laboratory and the Navy Infectious Disease Diagnostic Laboratory.
- Cases of chikungunya should be reported in the Disease Reporting System Internet (DRSi) as an “Any other unusual condition.”

For more information:

- Contact respective [Navy Environmental and Preventive Medicine Units](#).
- Visit the NMCPHC [Chikungunya, Dengue, and other Arboviral Infections](#) webpage.

